

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 12062, Nuts, almonds, blanched ^a

Report Date: October 16, 2015 10:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2}	g	4.51	--	0.044	1.8	5.36	1.0	3.948	5.07	2	Analytical or derived from analytical	--	03/2010
Energy	kcal	590	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2010
Energy	kJ	2468	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2010
Protein ^{1 2}	g	21.40	--	0.635	19.48	22.5	1.0	13.333	29.464	2	Analytical or derived from analytical	--	03/2010
Total lipid (fat) ^{1 2}	g	52.52	--	0.216	48.89	57.4	1.0	49.769	55.264	2	Analytical or derived from analytical	--	03/2010
Ash ^{1 2}	g	2.91	--	0.104	2.5	3.03	1.0	1.583	4.229	2	Analytical or derived from analytical	--	03/2010
Carbohydrate, by difference	g	18.67	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2010
Fiber, total dietary ^{1 2}	g	9.9	--	0.308	8	11.8	1.0	5.954	13.789	2	Analytical or derived from analytical	--	03/2010
Sugars, total	g	4.63	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2010

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Sucrose 1 2	g	4.46	--	0.277	3	5.3	1.0	0.941	7.972	2	Analytical or derived from analytical		-- 03/2010
Glucose (dextrose) 1 2	g	0.03	--	0.008	0	0.1	1.0	-0.071	0.126	2	Analytical or derived from analytical		-- 03/2010
Fructose 1 2	g	0.00	--	0.000	0	0	--	--	--	2	Analytical or derived from analytical		-- 03/2010
Lactose 1	g	0.00	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical		-- 01/2001
Maltose 1	g	0.14	--	0.000	0.14	0.14	2.0	0.142	0.142	1	Analytical or derived from analytical		-- 01/2001
Galactose	g	0.00	--	--	--	--	--	--	--	--	Assumed zero		-- 03/2010
Starch 1	g	1.00	--	0.026	0.95	1.04	2.0	0.886	1.114	1	Analytical or derived from analytical		-- 03/2010
Minerals													
Calcium, Ca 1 2	mg	236	--	17.500	214	267	1.0	13.141	457.859	2	Analytical or derived from analytical		-- 03/2010
Iron, Fe 1 2	mg	3.28	--	0.250	1.71	3.8	1.0	0.111	6.456	2	Analytical or derived from analytical		-- 03/2010
Magnesium, Mg 1 2	mg	268	--	3.733	244	288	1.0	220.497	315.37	2	Analytical or derived from analytical		-- 03/2010

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Phosphorus, P 1 2	mg	481	--	1.300	416	511	1.0	464.782	497.818	2	Analytical or derived from analytical		-- 03/2010
Potassium, K 1 2	mg	659	--	17.767	600	691	1.0	432.82	884.314	2	Analytical or derived from analytical		-- 03/2010
Sodium, Na 1 2	mg	19	--	6.499	7	31	1.0	-63.939	101.208	2	Analytical or derived from analytical		-- 03/2010
Zinc, Zn 1 2	mg	2.97	--	0.036	1.85	3.59	1.0	2.514	3.424	2	Analytical or derived from analytical		-- 03/2010
Copper, Cu 1 2	mg	1.027	--	0.073	0.76	1.2	1.0	0.099	1.955	2	Analytical or derived from analytical		-- 03/2010
Manganese, Mn 1 2	mg	1.835	--	0.265	1.05	2.3	1.0	-1.532	5.202	2	Analytical or derived from analytical		-- 03/2010
Selenium, Se 1 2	µg	3.2	--	2.481	0.7	8	1.0	-28.336	34.719	2	Analytical or derived from analytical		-- 03/2010
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.0	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical		-- 01/2001
Thiamin 1 2	mg	0.191	--	0.009	0.18	0.21	1.0	0.08	0.302	2	Analytical or derived from analytical		-- 03/2010
Riboflavin 1 2	mg	0.711	--	0.151	0.42	1.12	1.0	-1.208	2.63	2	Analytical or derived from analytical		-- 03/2010

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Niacin 1 2	mg	3.500	--	0.066	1.8	4.38	1.0	2.657	4.343	2	Analytical or derived from analytical		-- 03/2010
Pantothenic acid 1 2	mg	0.314	--	0.024	0.26	0.39	1.0	0.009	0.619	2	Analytical or derived from analytical		-- 03/2010
Vitamin B-6 1 2	mg	0.115	--	0.005	0.08	0.16	1.0	0.051	0.179	2	Analytical or derived from analytical		-- 03/2010
Folate, total 1 2	μg	49	--	20.525	27	112	1.0	-211.67	309.92	2	Analytical or derived from analytical		-- 03/2010
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero		-- 05/2001
Folate, food	μg	49	--	20.525	27	112	1.0	-211.67	309.92	2	Analytical or derived from analytical		-- 03/2010
Folate, DFE	μg	49	--	--	--	--	--	--	--	--	Calculated or imputed		-- 03/2010
Choline, total	mg	52.1	--	--	--	--	--	--	--	--	Calculated or imputed	12061	11/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero		-- 09/1984
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero		-- 09/2004
Vitamin A, RAE	μg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 03/2010
Retinol	μg	0	--	--	--	--	--	--	--	--	Assumed zero		-- 06/2002
Carotene, beta 1	μg	4	--	--	--	--	--	--	--	--	Analytical or derived from analytical		-- 01/2001

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Carotene, alpha ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2001
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	12061	09/2002
Vitamin A, IU	IU	7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2010
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	12061	09/2002
Lutein + zeaxanthin	µg	1	--	--	--	--	--	--	--	--	Calculated or imputed	12061	09/2002
Vitamin E (alpha-tocopherol) ^{1 2}	mg	23.75	--	0.750	18.1	28.5	1.0	14.22	33.28	2	Analytical or derived from analytical	--	03/2010
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ^{1 2}	mg	0.35	--	0.080	0.09	0.5	1.0	-0.66	1.367	2	Analytical or derived from analytical	--	03/2010
Tocopherol, gamma ^{1 2}	mg	0.66	--	0.143	0.13	0.97	1.0	-1.159	2.473	2	Analytical or derived from analytical	--	03/2010
Tocopherol, delta ^{1 2}	mg	0.20	--	0.015	0	0.37	1.0	0.012	0.387	2	Analytical or derived from analytical	--	03/2010
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2009
Vitamin K (phylloquinone)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	12061	09/2002

Lipids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	3.953	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2010
4:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
8:0 ¹	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	01/2001
10:0 ¹	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	01/2001
12:0 ¹	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	01/2001
13:0 ¹	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	01/2001
14:0 ¹	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	01/2001
15:0 ¹	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	01/2001
16:0 ^{1 2}	g	3.273	--	0.031	3.04	3.52	1.0	2.878	3.668	2	Analytical or derived from analytical	--	03/2010
17:0 ^{1 2}	g	0.014	--	0.014	0	0.03	1.0	-0.159	0.187	2	Analytical or derived from analytical	--	03/2010

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18:0 1 2	g	0.666	--	0.002	0.6	0.83	1.0	0.646	0.687	2	Analytical or derived from analytical	--	03/2010
20:0 1	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	01/2001
22:0 1	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	01/2001
24:0 1	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	01/2001
Fatty acids, total monounsaturated	g	33.415	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2010
14:1 1	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	01/2001
15:1 2	g	0.000	--	--	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2010
16:1 undifferentiated 1 2	g	0.243	--	0.006	0.19	0.3	1.0	0.164	0.322	2	Analytical or derived from analytical	--	03/2010
17:1 2	g	0.059	--	--	0.06	0.06	--	--	--	1	Analytical or derived from analytical	--	03/2010
18:1 undifferentiated 1 2	g	33.113	--	0.055	30.79	34.84	1.0	32.419	33.807	2	Analytical or derived from analytical	--	03/2010

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20:1 1	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	01/2001
22:1 undifferentiated 1	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	01/2001
24:1 c 1	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	01/2001
Fatty acids, total polyunsaturated	g	12.368	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2010
18:2 undifferentiated 1 2	g	12.365	--	0.078	10.04	14.92	1.0	11.369	13.361	2	Analytical or derived from analytical	--	03/2010
18:3 undifferentiated 1 2	g	0.004	--	0.004	0	0.02	1.0	-0.042	0.049	2	Analytical or derived from analytical	--	03/2010
18:4	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	02/1995
20:2 n-6 c,c 1	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	01/2001
20:3 undifferentiated 1	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	01/2001
20:4 undifferentiated 1	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	01/2001
20:5 n-3 (EPA) 1	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	01/2001

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22:5 n-3 (DPA) ¹	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	01/2001
22:6 n-3 (DHA) ¹	g	0.000	--	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	01/2001
Fatty acids, total trans ²	g	0.019	--	--	0	0.03	--	--	--	1	Analytical or derived from analytical	--	03/2010
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	09/1984
Phytosterols	mg	114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2010
Stigmasterol ^{1,2}	mg	1	--	0.130	0	1	1.0	-1.072	2.232	2	Analytical or derived from analytical	--	03/2010
Campesterol ^{1,2}	mg	4	--	1.571	2	6	1.0	-15.737	24.194	2	Analytical or derived from analytical	--	03/2010
Beta-sitosterol ^{1,2}	mg	109	--	0.240	105	113	1.0	105.691	111.789	2	Analytical or derived from analytical	--	03/2010
Amino Acids													
Tryptophan ¹	g	0.193	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2010
Threonine ¹	g	0.682	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Isoleucine 1	g	0.696	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2010
Leucine 1	g	1.479	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2010
Lysine 1	g	0.605	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2010
Methionine 1	g	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2010
Cystine 1	g	0.284	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2010
Phenylalanine 1	g	1.156	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2010
Tyrosine 1	g	0.533	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2010
Valine 1	g	0.805	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2010
Arginine 1	g	2.483	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2010
Histidine 1	g	0.596	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2010

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Alanine ¹	g	1.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2010
Aspartic acid ¹	g	2.751	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2010
Glutamic acid ¹	g	5.206	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2010
Glycine ¹	g	1.478	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2010
Proline ¹	g	0.975	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2010
Serine ¹	g	1.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2010
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1999
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1999

Sources of Data¹Almond Board of California Nutrient Content of Almonds, 1999 Modesto CA²Almond Board of California Nutrient content of almonds, 2006 Modesto CA**Footnotes**^a Unroasted